

◀ 第三期 PART III ▶

*Cookery Course*

譚銳佳講義

by **THAM YUI KAI**

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譚銳佳講義  
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花式拚盤



## 菜胆奶油雞

### 用料：

光肥雞一隻，連毛計約三斤，生菜一斤，花膠罐頭鮮奶三湯羹，雞蛋一只。

### 製法：

光雞洗淨去腳，然後用適量之滾水將牠浸熟。浸雞之方法：用煲一個，加放清水適量，以能浸過雞面之水為適，將水燒至滾。然後將雞成隻放下，必須使水能貫入雞肚內，滾牠一息間，時間約一分半鐘左右（以水滾計算），跟着已蓋離火燭約十五分鐘左右便熟。接着取出，用清水將雞身浸凍，最後將雞起肉切件砌回雞樣候用。

生菜一斤，每棵淨要嫩蕓（即菜胆）洗淨候用。

### 味汁與獻粉份量：

浸雞之滾水（即雞湯）一飯碗，重量約十安士。用大碗一只盛載，然後加放幼食鹽兩茶匙，蜂巢味素半茶匙，幼白糖半茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻，便成味汁。獻粉份量，粟粉一湯羹半，用碗盛着，加放清水一湯羹攪勻，便成獻粉。雞蛋一只打開，淨要雞蛋白一湯羹，用碗一只盛載，加放清水一湯羹攪勻候用。

### 煮的方法：

首先將調好之味汁，用鑊燒熱。然後淋上斬好之雞面上，將牠浸一息間，使其入味，跟着倒起用回原盅盛載。生菜用滾水油灼熟，壓去水份，圍伴雞傍邊用。跟着將用鑊洗淨燒熱，然後加放油約兩湯羹，跟着將浸過雞之味汁再放下鑊裏，使牠燒至略滾，然後便將開好之獻粉攪勻。隨少隨少放下鑊裏埋獻。使牠再滾，然後便將鮮奶三湯羹放下。隨放隨用鐵壳推勻，最後便將攪勻之雞蛋白水放下，同樣用鐵壳勻推，跟着兜起淋上雞與生菜面上，即成。

## CHICKEN IN MILK SAUCE

### Materials:

1 cleaned fat chicken (about 3 kati with feather),  
Lettuce — 1 kati, Evaporated milk — 3 tablespoons,  
Egg — 1.

### Preparation:

Clean the chicken and chop off the legs. Use suitable amount of boiling water and soak it.

### Method of soaking the chicken:

Fill a stew-pot with suitable amount of fresh water and boil it. Put the whole chicken to soak in the boiling water, then boil it for a while (until the water boils again) about 1½ mins. Cover the pot and remove it from flame to soak the chicken about 15 mins. After that transfer it to fresh water and remove. Cut the chicken into pieces and display them into the original form of a chicken for use.

Select and clean the green leaves of the lettuce for use.

### Gravy Sauce & Gravy Powder:

Measure 1 rice-bowl of stock in a container, add in salt 2 teaspoons, Vesop ½ teaspoon, sugar ½ teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Mix 1½ tablespoons of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

Break an egg, abstract 1 tablespoon of egg-white in a bowl and add in 1 tablespoon of fresh water. Stir well for use.

### Method of cooking:

First heat the gravy sauce in the frying pan and pour it over the chicken-pieces. Soak the chicken-pieces in it for a while, then pour the sauce back to the container.

Boil the green leaves of the lettuce in boiling water and place them around the chicken-pieces.

Clean and heat the frying pan and pour in 2 tablespoons of oil. Stir well the gravy sauce and pour in. When it boils gradually add in the gravy powder.

Boil it again, and add in 3 tablespoons of evaporated milk. Stir during adding. Lastly add in the well-stirred egg-white. Stir again and pour it over the chicken-pieces and lettuce.



## 紅 燒 鮐 魚

### 用 料：

鮐魚一條，約一斤重左右，淨豬肉二兩，水豆腐，（即方格豆腐）四小方格，冬菇四只，生葱四條，胡蘿蔔刨淨計約二兩，生菜一棵，蒜頭六小粒，蔥頭仔六小粒，生薑四小片，雞蛋一只。

### 製 法：

鮐魚一條，將牠去鱗開肚洗淨。然後再用刀在底面兩邊割一井字形候用。淨豬肉洗淨切片，水豆腐用刀將牠改切成小件，用碟一只盛着候用。冬菇先用清水浸軟然後去蒂，再將牠切成小片。胡蘿蔔將牠改花切片，生葱洗淨切成寸度。生菜將牠撕開洗淨，原塊候用，蒜頭和蔥頭仔全部原粒去衣候用。

### 味汁與獻粉份量：

湯或清水三飯碗半，重量約三十五安士。加放幼食鹽兩茶匙，蜂巢味素一茶匙，幼白糖一茶匙，生抽半湯羹，蠔油半湯羹，晒抽一茶匙，麻油一茶匙，胡椒粉些少，跟着將牠一齊攪勻便成味汁。粟粉一湯羹半，另外用碗一只盛載，然後加放清水兩湯羹將牠一齊攪勻，便成獻粉。

### 紅燒之方法：

首先將用鑊一只洗淨燒熱，然後加放油約六飯碗左右，將油燒至滾，然後將切好之豆腐全部一齊放下鑊裏，將牠炸至現金黃色然後撈起用碟一只盛載，而改切好之鮐魚成條黏上適量之茨粉，然後放下油鍋裏，將牠炸至香脆為好。蒜頭與蔥頭仔同樣用油將牠炸一息間，然後撈起候用。跟着再將用鑊洗淨燒熱，然後再加放油約三湯羹左右，跟着將四片生薑和切好之豬肉，冬菇，生葱，胡蘿蔔等一齊放下鑊裏炒香，接着將調好之味汁攪勻放下，而炸好之鮐魚和豆腐，蒜頭，蔥頭仔等一齊再放下，然後慢火將牠炆約五分鐘至六分鐘左右，所剩之汁水約一飯碗半為適。炆好將魚兜起轉用另一只大碟盛載，而洗淨之生菜圍伴旁邊用，跟着將開好之獻粉攪勻，隨少隨少放下，隨放隨用鐵壳推勻，最後將雞蛋一只打開放下，再將牠一齊推勻，然後兜起淋上鮐魚面上，即成。

## FRIED POMFRET IN SAUCE

### Materials:

1 pomfret (about 1 kati),	Lettuce — 1 stalk,
Lean pork — 2 tah.,	Garlic — 6,
Soya bean curds — 4 small squares,	Small Onions — 6,
Mushrooms — 4,	Ginger — 4 slices,
Spring onions — 4 stalks,	Egg — 1.
Carrot (shaved) — 2 tah.,	

**Initial Preparation:** Scale and cut open the belly of the pomfret, remove the entrails and clean it. Cut a cross-mark on each side of it.

Clean and cut the lean pork into slices.

Cut the soya bean curds into smaller pieces and put them in a plate.

Soak and cut the mushrooms into small slices.

Cut the carrot into designed slices and spring onions into short lengths.

Clean and tear off the leaves of the lettuce for use.

Scale the garlic and the small onion for use.

**Gravy Sauce and Gravy Powder:** Measure  $3\frac{1}{2}$  rice-bowls of stock or fresh water (about 35 ozs.) in a container, add in salt 2 teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon, light soya sauce  $\frac{1}{2}$  tablespoon, oyster sauce  $\frac{1}{2}$  tablespoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Put  $1\frac{1}{2}$  tablespoons of cornflour in a bowl, add in 2 tablespoons of fresh water and stir well into gravy powder.

**Preparation:** Clean and heat the frying pan, pour in about 6 rice-bowls of oil and boil it. Put in the soya bean curds to the pan to fry until the curds turn into golden brown and transfer to a plate. Stick the well-cut pomfret with suitable amount of starch flour and put in the pan to fry until it is delicious and crisp.

Fry also the garlic and onions for a while for use.

Again clean and heat the frying pan, pour in about 3 tablespoons of oil, then put in the well-cut ginger, pork, mushrooms, spring onions, carrot etc. to fry deliciously. Stir well the gravy sauce and pour in. After that put in the well-fried pomfret, bean curds, garlic and onions. Boil the mixture with small flame for 5 to 6 minutes until there is only one and a half bowls of sauce left. After stewing remove the pomfret to a plate with lettuce leaves.

Stir well the gravy powder and gradually add in to the sauce. Stir with scoop during adding. Lastly break and pour in the egg. Repeat the stirring and water the pomfret with this delicious sauce.



## 梅醬炸鴨脯

### 用 料：

光鴨一隻，未割時連毛計二斤半左右，生菜一棵，蕃茄兩個，蒜頭兩小粒，麵鼓半湯羹，酸梅醬一湯羹，木瓜油（Meat Tenderiser）半湯羹。

### 製 法：

先將光鴨洗淨，然後用刀原隻起肉，分作四塊，每塊再用刀切薄些少，然後用刀背槌鬆四周圍，用大碗一隻盛載，加放幼食鹽一茶匙，蜂巢味素些少，幼白糖一茶匙，蠔油半湯羹，木瓜油半湯羹，清水三湯羹，一齊將牠拌勻，最後再加放粟粉兩湯羹，再將牠拌勻醃約五小時左右，使其入味，生菜洗淨切絲，鋪墊碟底用，蕃茄切片，圍伴碟邊用，蒜頭去衣拍爛，再剉成幼粒，麵鼓搓爛候用。

### 獻汁份量：

湯或清水十湯羹，重量約八安士左右，加放幼食鹽半茶匙，蜂巢味素些少，幼白糖一湯羹，白米醋半湯羹，茄汁一湯羹，辣椒醬半湯羹，酸梅醬一湯羹，麻油半茶匙，一齊攪勻，便成味汁。粟粉 $\frac{3}{4}$ 湯羹，另外用碗一只盛載，然後加放清水一湯羹攪勻，便成獻粉候用。

### 炸之方法：

首先將醃好之鴨，每一塊黏上適量茨粉，然後將用鑊洗淨燒熱，加放油約六飯碗左右，將油燒至滾，然後便將黏好粉之鴨肉一塊塊放下油鑊裏，將牠炸至脆熟為好，全部時間，約七分鐘至八分鐘左右，炸好撈起，用刀將牠切成小件，用有生菜絲墊底之碟盛載，最後羹獻汁淋上面，即成。

### 煮獻汁之方法：

先將用鑊洗淨燒熱，然後加放油約兩湯羹，跟着將剉爛之蒜頭和搓爛之麵鼓，放下炒香，接着便將調好之味汁攪勻放下鑊裏，等羹到略滾時，然後便將開好之獻粉勻攪放下埋獻，使其再滾，然後兜起淋上鴨面即成。

## FRIED DUCK IN PLUM SAUCE

### Materials:

1 cleaned duck (about 2½ kati with feather),  
Lettuce — 1 stalk, Tomatoes — 2,  
Garlic — 2, Salted soya bean — ½ tablespoon,  
Meat tenderiser — ½ tablespoon, Plum sauce — 1 tablespoon.

### Preparation:

Clean the duck and remove the whole piece of meat from it. Cut the whole piece into 4 portions. Hit the pieces of meat with knife-blade and put them in a bowl. Then add in salt 1 teaspoon, a little Vesop, sugar 1 teaspoon, oyster sauce ½ tablespoon, meat tenderiser ½ tablespoon, fresh water 3 tablespoons, cornflour 2 tablespoons and knead thoroughly. Corn the duck-meat pieces for about 5 hours.

Clean and cut the lettuce into shreds and tomatoes into slices. Scale and smash the garlic and cut it into particles. Mash the salted soya bean for use.

### Gravy Sauce & Gravy Powder:

Measure 10 tablespoons (about 8 ozs.) of stock or fresh water in a container, add in salt ½ teaspoon, a little Vesop, sugar 1 tablespoon, white vinegar ½ tablespoon, tomato sauce 1 tablespoon, chilli sauce ½ tablespoon, plum sauce 1 tablespoon, sesame oil ½ teaspoon and stir thoroughly into gravy sauce.

Mix  $\frac{2}{3}$  tablespoon of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

### Method of frying:

First coat the corned duck-meat pieces with starch flour.

Clean and heat the frying pan, pour in 6 rice-bowls of oil and boil it. Put in the duck-meat pieces to fry until cooked and crisp. The total essential time is 7 to 8 minutes. After well-fried remove and cut them into small pieces. Place the pieces on the plate garnished with lettuce. Lastly pour the gravy sauce over them.

### Method of cooking gravy sauce:

Clean and heat the frying pan and pour in 2 tablespoons of oil. Put in the well-prepared garlic and salted soya beans to fry deliciously.

Stir well the gravy sauce and pour in. When it boils, gradually add in the gravy powder and boil it again.



## 蟹汁釀包菜

### 用 料：

包菜（即椰菜）一個重約二斤，肉蟹一斤（淨肉約四兩），大蝦半斤，淨猪肉四兩，冬筍半兩（可用罐頭），冬菇兩只，生葱三條，雞蛋兩只，青豆兩湯羹。

### 製 法：

先將包菜整個用滾水焗約廿分鐘左右，然後撈起用清水漂凍，跟着將牠一塊一塊撕開，用篩一只盛着候用，並且將牠改切成小塊，肉蟹一斤，每只斬開洗淨，然後用滾水適量焗熟，待凍拆肉候用，大蝦半斤，全部去壳洗淨盛乾，再用刀剝爛候用，淨猪肉四兩，同樣將牠剝爛，冬菇兩只，先用清水浸軟，然後去蒂，再將牠切成幼粒，冬筍半兩，同樣將牠切成細粒，並且將牠之水份揸乾，生葱三條，將牠洗淨，同樣用切刀成小粒候用。

### 調餡之方法與份量：

首先將剝爛之蝦肉用盤仔一只盛載，然後加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖一茶匙，跟着用手拌勻，再用力搓起膠，接着便將剝爛之猪肉放下，同樣將牠搓起膠，最後便將切好之冬菇，冬筍和生葱等一齊放下，而拆好之蟹肉，將一半放下，雞蛋先將一只打開攪勻，放半只落去，然後再加放生抽一茶匙，麻油一茶匙，胡椒粉些少，再將牠一齊搓勻，最後再加放粟粉一湯羹，再一齊搓勻便成餡，將牠分作二十份，每一份餡用包菜一塊包，像一封利是樣，全部包好一件件排放落蒸籠裏，隔水蒸約十分鐘左右便熟，蒸好取出，用鑊放油些少，煎香兩面，煎好鏟起用碟一只盛載，然後用剩下之蟹肉和青豆，羹獻汁淋上面上即成。

### 獻汁之份量：

湯或清水一飯碗，重量約十安士左右，用盅一只盛載，加放食幼鹽一茶匙半，蜂巢味素半茶匙，幼白糖半茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻便成味汁，獻粉份量，粟粉一湯羹，另外用碗一只盛載，跟着加放清水一湯羹攪勻便成獻粉，剩餘之一只雞蛋，將牠打開淨要雞蛋白，然後加放清水兩湯羹攪勻，一同羹獻汁時用，起鍋時，用油兩湯羹。

（ 四 ）

## CABBAGE PACKETS IN CRAB-MEAT SAUCE

### Materials:

Cabbage — 1 (about 2 kati),	Mushrooms — 2,
Crabs — 1 kati,	Spring onions — 3 stalks,
Big prawns — $\frac{1}{2}$ kati,	Eggs — 2,
Lean pork — 4 tah.,	Green peas — 2 tablespoons.
Canned bamboo shoots — $\frac{1}{2}$ tah.,	

### Preparation:

First boil the whole cabbage in boiling water for about 20 minutes and transfer it to fresh water. Then tear off the leaves and cut them into small pieces.

Cut and clean the crabs and boil them in boiling water. Abstract all meat from them.

Scale and clean the prawns, dry them with cloth and mince them. Mince the lean pork also.

Soak and cut the mushrooms into particles. Cut the bamboo shoots also into particles and dry them with cloth for use. Clean and cut the spring onions into particles.

### Method of and the ingredients for preparing stuffing:

First put the minced prawns in a plate, add in salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, fine sugar 1 teaspoon and knead well until sticky. Add in also the minced pork and knead again. Later put in the well-prepared mushrooms, bamboo shoots, spring onions, half portion of crab-meat, half portion of an egg, light soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir well. Lastly add in 1 tablespoon of cornflour and knead thoroughly into stuffing.

Separate the stuffing into 20 portions. Wrap one portion of the stuffing with a piece of the boiled cabbage leaf. Then place the well-wrapped articles in the steamer to steam over water for about 10 minutes. After steaming remove and fry the articles in some boiling oil in the frying pan. Then transfer them to a plate and pour the crab-meat sauce and the green peas over them.

### Gravy Sauce:

Measure 1 rice-bowl of stock or fresh water (about 10 ozs.) into a container, add in fine salt  $1\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Mix 1 tablespoon of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

Break the other egg and abstract only the egg-white. Beat the egg-white with 2 tablespoons of fresh water. This will be used to thicken the sauce.

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## 馬蹄糕

### 用 料：

生馬蹄十二両，白糖一斤，馬蹄粉六両。

### 製 法：

先將馬蹄浸一息間清水，然後撈起用刨將皮刨去。洗淨後，再用刀背將牠拍爛些少，再將牠鋤成細粒候用。

馬蹄粉六両，用盅一只盛載。然後加放清水一飯碗半重量，約十五安士左右。將牠一齊拌勻，再用漏斗隔淨候用。

將用鑊一只洗淨，然後加放清水兩飯碗半，重量約二十五安左右，將牠燒至滾，然後便將鋤好之馬蹄全部放下鑊裏，將牠滾約半分鐘左右，然後便將白糖一斤放下，待白糖全部熔化，然後將火制門慢些少，或成鑊抽離爐火。跟着便將開好之馬蹄粉攪勻放下，隨放隨用鐵壳推勻，使牠由奶白色，變作清色為適合，煮好用特製之四方盤仔盛載，而盤底須先掃上些少花生油。將牠蕩平然後再將牠放落蒸籠裏，隔水蒸約三十分鐘左右，便好。待凍將牠雪硬，食時取出，用刀將牠切成小塊，每一塊再黏上適量之茨粉，接着用油將牠略炸一息間，跟着撈起，將油倒回盤裏，而炸過之馬蹄糕再用油些少，煎香兩面。以上之份量，必須分作數次煎炸（如凍食不用煎炸亦可）。

## WATER-CHESTNUT CAKES

### Materials:

Water-chestnuts — 12 tah.,                      Sugar — 1 kati,  
Water-chestnut flour — 6 tah.

### Preparation:

Soak the water-chestnut in fresh water for a while and remove. Peel them and smash them with the knife-blade. Then cut them into particles.

Put the water-chestnut flour in a pot, add in  $1\frac{1}{2}$  rice-bowls (about 15 ozs.) of fresh water and stir evenly. Filter it for use.

Clean the pan, pour in  $2\frac{1}{2}$  rice-bowls (about 25 ozs.) of fresh water and boil it. Put in the water-chestnut particles to boil for half a minute. Later add in the sugar to dissolve. Turn the flame smaller or remove the pan from flame.

Stir well the water-chestnut flour and gradually add in. Stir gently until the milky liquid turns clear and transfer it to a special metal square tray. The bottom of the tray must be first greased with oil. Put the whole tray in the steamer to steam over water for 30 minutes and remove. When cool, put the whole tray in the frige to set.

For frying, just cut the whole piece into small pieces, coat them with starch flour and put them in the boiling oil for a while.

The cake can be served in cold also.



## 燕 蝶 藏 梅

### 用 料：

上等白燕乾計三錢，雪耳乾計一錢，鵪鶉蛋十六粒，雞蛋兩只，上湯三飯碗（重量約三十安士），菜心半斤，紙包裝青豆三十二粒，熟火腿絲一更。

### 製 法：

先將燕窩用盅一只盛載，然後加放溫暖熱水適量將牠浸約半小時左右，使其自然發透。接着用鉗將燕毛揀淨，全部揀好，用回原有之盅盛載。然後再加放滾水適量，再浸約十五分鐘左右，跟着用密篩盛載，盛去水份。雪耳先用清水將牠浸透，然後將坭頭剪去候用。菜心每棵淨要蘆，洗淨候用。將揀好之燕窩和剪好之雪耳，轉用大碗一只盛着，然後加放食鹽一茶匙半，蜂巢味素半茶匙，雞蛋兩只淨要雞蛋白，一齊放下然後將牠拌勻，跟着分放在十六只鼓油碟仔盛載（而碟底須先掃上油些少）。接着便將鵪鶉蛋一粒一粒打開，分放在十六碟燕窩面上，切勿將且璜弄破，最後便將三十二粒青豆和火腿絲全部放在鵪鶉蛋傍邊。然後一碟一碟排放落蒸籠裏，將牠蒸約六分鐘左右，但切不可將蒸籠蓋全部密密，蒸好取出，轉排放另一只大瓦窩盛載。菜蘆用滾水灼熟圍伴傍邊，然後燒滾調好之味湯淋上面上即成。味湯調味之份量：上湯三飯碗加放食鹽兩茶匙半，蜂巢味素一茶匙，白糖半茶匙，一齊攪勻便成味湯。

## QUALI EGGS IN BIRD'S NEST SOUP

### Materials:

1st grade bird's nests — 3/10 tah.,	White agaric — 1/10 tah.,
Quail eggs — 16,	Stock — 3 rice-bowls (about 30 ozs.),
Chicken eggs — 2,	Chinese cabbage — ½ kati,
Green peas — 32,	Cooked ham strips — about 1 tablespoon.

### Preparation:

Soak the bird's nest in a pot and pour in warm boiled water to allow the bird's nest be completely soaked for half an hour. Later pick away the feathers with the pincers. Place the clean bird's nest in the pot and pour in boiling water to allow the bird's nest to dip for about 15 minutes. Then transfer it to a sieve to drip off the excess water.

Soak the white agaric in fresh water and cut off the harsh stems. Clean the white agaric for use.

Select the young leaves of the cabbage and clean it for use.

Put the clean bird's nest and the white agaric in a big bowl, add in salt 1½ teaspoons, Vesop ½ teaspoon, the egg-white of the two eggs and beat thoroughly and add in, then mix them well. Divide the mixture into 16 small plates, the bottoms of which must first be stained with oil to prevent sticking. Later break one quail egg on top of the bird's nest in each plate. (Do not break the yolk of the egg.) Then separate the 32 green peas and cooked ham strips into each side of the small plates. Lastly place the plates in the steamer to steam for about 6 minutes. (Do not completely cover the lid of the steamer). After steaming, remove and transfer the well-steamed articles to a container. Then water the dish with delicious stock.

### Ingredients Of Stock:

Using 3 bowls of stock, add in 2½ teaspoons of salt, Vesop 1 teaspoon, sugar ½ teaspoon, and stir thoroughly into delicious stock.



## 蠔油炒牛肉

### 用料：

牛柳枚肉半斤，罐頭草菇三兩，荷蘭豆三兩，生葱五條，葫蘿蔔刨淨計一兩，洋葱頭一個，生薑四小片。

### 製法：

牛肉用刀打橫紋將牠切成薄片，用碗一只盛載。然後加放梳打粉一茶匙，幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，晒抽一茶匙，麻油半茶匙，胡椒粉些少。跟着加放清水兩湯羹，粟粉一湯羹，然後用手一齊拌勻。最後再加放花生油半湯羹，再將牠拌勻，醃約三十分鐘左右使其入味。

草菇將牠切成小片。荷蘭豆每只將牠頭尾些少摘去，並撕去兩邊根絲。生葱先去頭尾些少，洗淨後再將牠切成寸度。葫蘿蔔將牠改花切片。洋葱頭去衣，切成小塊。

### 獻汁份量：

湯或清水五湯羹，加放幼食鹽半茶匙，蜂巢味半茶匙，幼白糖半茶匙，生抽一茶匙，蠔油兩茶匙，麻油半茶匙，胡椒粉些少。最後加放粟粉半湯羹，將牠攪勻便成獻汁。

### 炒之方法：

首先將用鑊洗淨燒熱，然後加放油約五飯碗左右，將油燒至略滾，然後便將醃好之牛肉放下鑊裏，略炸一息間（即泡嫩油），時間約半分鐘，跟着撈起盛住。將油倒起，約剩下兩湯羹左右，然後便將四片生薑和切好之洋葱頭、荷蘭豆、葫蘿蔔、草菇、生葱等一齊放下鑊裏炒香，接着便將泡過之牛肉放下同炒，並加放花雕酒半湯羹。最後便將調好之獻汁攪勻放下，將牠一齊兜勻，跟着兜起用碟一只盛載，即成。

## FRIED BEEF IN OYSTER SAUCE

### Materials:

Beef fillet — $\frac{1}{2}$ kati,	Carrot (shaved) — 1 tah.,
Straw mushrooms — 3 tah.,	Big onion — 1,
French beans — 3 tah.,	Ginger — 4 slices.
Spring onions — 5 stalks,	

### Preparation:

Cut the beef fillet crosswise into thin slices and put them in a bowl, add in bi-carbonate of soda 1 teaspoon, fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon, black soya sauce 1 teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder, fresh water 2 tablespoons, cornflour 1 tablespoon and knead thoroughly with hand. Lastly add in  $\frac{1}{2}$  tablespoon of peanut-oil, knead again and corn the beef for about 30 minutes.

Cut the straw mushrooms into slices. Pluck off both ends and tear off the veins of each of the French beans. Clean and cut the spring onions into short lengths. Cut the carrot into designed slices. Scale and cut the big onion into small pieces.

### Gravy Sauce:

Measure 5 tablespoons of stock or fresh water into a container, add in fine salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder, cornflour  $\frac{1}{2}$  tablespoon and stir thoroughly into gravy sauce.

### Method of frying:

Clean and heat the frying pan, pour in 5 rice-bowls of oil and boil it. Put in the corned beef to fry for half a minute and remove. Pour back the oil to the container leaving only 2 tablespoons in the pan, then put in the well-prepared ginger, big onion, French beans, carrot, fresh mushrooms and spring onions to fry deliciously. Put in the slightly fried beef and add in  $\frac{1}{2}$  tablespoon of chinese wine "Far Teow". Lastly add in the well-stirred gravy sauce. Repeat the stirring and transfer to a plate for serve.



## 釀 夾 魚 塊

### 用 料：

去骨淨馬友魚肉一斤，淨豬肉五兩，淨蝦肉四兩，熟火腿半兩，罐頭冬筍半兩，生蔥兩條，蕃茄一個，青瓜一條，雞蛋兩只。

### 製 法：

先將魚肉去皮洗淨，然後再用刀將魚肉打掂紋切片，每片約丁方寸半潤大，一分厚左右為適合，全部改切好，用大碗一只盛載，然後加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖半茶匙，胡椒粉些少。接着將雞蛋一只打開放下，然後用手一齊攪勻。最後再加放粟粉三湯羹，再將牠攪勻，醃一息間，使其入味候用。豬肉，蝦肉，同樣將牠洗淨，然後用刀剝爛，用碟一只盛着候用。熟火腿將牠切成小粒，生蔥洗淨切粒，青瓜和蕃茄，改花切片，圍碟邊用。

### 調餡之方法與份量：

首先將剝好之豬肉，用盆仔一只盛載。然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，麻油半茶匙，胡椒粉些少。跟着用手將牠一齊拌勻，再用力搓起膠。接着便將剝好之蝦肉放下，再將牠一齊搓勻。最後便將切好之冬筍和火腿，蔥粒等，一齊放下，並加放雞蛋半只，粟粉一湯羹半，再將牠一齊攪勻，便成餡。（以多少件，分作多少份。）

### 釀夾之方法：

先將醃好之魚肉半數，一片片攤開，用平鐵盆一只盛載，盆底先洒上些少茨粉下去（意思防牠黏連）跟着將搓好之餡，按件數分勻，每一件再用手撥平些少，然後再放上魚肉一件在面上。如是者，全部釀夾好之後，候煎。

### 煎炸之方法：

先將用鑊洗淨燒熱，然後加放油些少，蕩勻鑊四週圍。跟着便將釀夾好之魚塊，一件件排放鑊裏（以上之份量最好分作兩次煎），然後隨煎隨加放油些少。另一面同一樣方法煎，直至煎到香熟為好。時間約三分至鐘四分鐘之間，全部煎好用有青瓜，蕃茄圍邊之碟盛載即成。

## FRIED FISH SANDWICHES

### Materials:

"Mah Yew" fish (with bones removed) — 1 kati,	
Lean pork — 5 tah.,	Prawns — 4 tah.,
Cooked ham — $\frac{1}{2}$ tah.,	Canned bamboo shoots — $\frac{1}{2}$ tah.,
Spring onions — 2 stalks,	Tomato — 1,
Cucumber — 1,	Eggs — 2.

### Preparation:

Remove the skin and cut the fish-meat into slices, each of which is about  $1\frac{1}{2}$  inches in length and width and  $\frac{1}{8}$  inch in thickness. Put the slices in a bowl, add in salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, sugar  $\frac{1}{2}$  teaspoon, a little pepper powder, an egg and 3 tablespoons of cornflour. Knead thoroughly and corn the fish-meat slices for a while.

Clean and mince the pork and the prawns and put them in a plate.

Cut the cooked ham, bamboo shoots and the spring onions into particles, cucumber and tomato into designed slices for garnishing.

### Method of and the ingredients for preparing stuffing:

Put the minced pork in a small basin, add in salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder and knead thoroughly until the mixture is sticky. Then put in the prawn-meat and knead again. Lastly add in the well-prepared bamboo shoots, ham and spring onions, half portion of an egg, cornflour  $1\frac{1}{2}$  tablespoons and knead them into stuffing. Divide the stuffing into any number of portions as one wishes.

### Method of sandwiching stuffing:

Spread half of the number of fish-meat slices on the base of a plain metal tray which is sprinkled with some starch flour to prevent sticking. Place one portion of the stuffing on each of the slices and flatten it. Cover every one of them with one slice of fish-meat.

### Method of frying:

Clean and heat the frying pan, pour in some oil to stain the inner surface of the pan. Put in the well-prepared sandwiches of fish-meat slices with stuffing to fry. Add in oil during frying. After one side is well-fried, overturn and fry the other side until cooked and delicious. The time period required is 3 to 4 minutes.

After frying, transfer to the plate garnished with cucumber and tomato.



## 脆皮糯米雞

### 用 料：

光雞一只，未割時連毛計約二斤半重左右，（割好不用開肚取腸臟），大糯米四兩，乾蝦米半兩，叉燒二兩，肥臘肉一兩，冬菇三只，茺茜一棵，蕃茄兩個，生菜一棵，雞蛋一只。

### 製 法：

先將光雞原只脫骨，然後斬腳洗淨候用。糯米先用清水浸透，時間大約一小時左右，然後撈起再用滾水適量將牠滾約一分鐘左右，跟着再撈起用密竹篩一只盛載，而篩底須先鋪上濕布一塊，接着成篩放落蒸籠處，隔水將牠蒸約三十分鐘左右便熟，蒸好取出用盆仔一只盛載候用。

乾蝦米先用清水將牠浸軟，然後將壳揀去，再用刀將牠剉碎些少候用，冬菇同樣先用清水浸軟，然後去蒂，再用刀將牠切成細粒候用，叉燒和肥臘肉同樣用刀將牠切成細粒候用，茺茜去頭洗淨，再用刀切碎候用，蕃茄切片圍伴碟邊用，生菜洗淨切絲，圍伴炸好之雞傍邊用。

### 調製之方法與份量：

蒸好之糯米加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙半，生抽半湯羹，麻油一茶匙，油兩湯羹，胡椒粉些少，五香粉些少，接着用手一齊拌勻，跟着便將切好之蝦米和冬菇、叉燒、臘肉、茺茜等，全部一齊放下，再用手一齊拌勻，然後全部塞入雞肚內，將入口處扎實，用盆仔一只盛載，跟着成盆放落蒸籠裏，隔水燉約二小時左右便燉，燉好取出盛去水份候用。

### 炸之方法：

先將燉好之雞搽上雞蛋些少，然後成只再黏上適量之茨粉，然後將用鑊洗淨燒熱，加放油適量，等油燒至滾，然後便將黏好茨粉之雞成只放下油鑊裏，將雞炸至脆熟，然後撈起用有蕃茄圍邊之碟盛載，生菜絲圍伴雞之傍邊，即成。

## FRIED CHICKEN WITH GLUTINOUS RICE

### Materials:

1 cleaned chicken (2½ kati with feather),	
Glutinous rice — 4 tah.,	Dried shrimps — ½ tah.,
Roasted lean pork — 2 tah.,	Sausage meat — 1 tah.,
Mushrooms — 3,	Parsley — 1 stalk,
Tomatoes — 2,	Lettuce — 1 stalk,
	Egg — 1.

### Preparation:

Remove the bones of the chicken and chop off the legs.

Soak the glutinous rice in water for about 1 hour and transfer to boiling water to boil for 1 minute. Spread a wet cloth in a bamboo sieve and put in the glutinous rice. Put the whole sieve in the steamer to steam over water for about 30 minutes.

Soak the dried shrimps in fresh water. Scale and smash them for use.

Soak and cut the parsley and the lettuce into shreds, and tomatoes into slices.

Soak and cut the mushrooms into particles.

Cut the roasted lean pork and sausage-meat into particles.

### Method of and the ingredients for preparing stuffing:

Add to the steamed glutinous rice, fine salt 1 teaspoon, Vesop ½ teaspoon, sugar 1½ teaspoons, light soya sauce ½ tablespoon, sesame oil 1 teaspoon, oil 2 tablespoons, a little pepper powder, a little spice powder and mix well with hand. Later add in the well-prepared dried shrimps, mushrooms, roasted lean pork, sausage-meat, parsley and stir thoroughly.

Fill the belly-space of the chicken with this stuffing and tie up the hole. Place the chicken in a basin and put in the steamer to steam over water for about 2 hours. After steaming remove the chicken and allow it to dry for use.

### Method of frying:

First rub the steamed chicken with some egg and coat with suitable amount of starch flour.

Clean and heat the frying pan, pour in suitable amount of oil and boil it. Then put in the chicken to fry until it is crisp and transfer to the plate garnished with tomato and lettuce.



## 清 蒸 石 斑

### 用料與製法：

石斑魚一條，約一斤重左右，去鱗開肚洗淨。淨豬肉一兩，洗淨切絲。冬菇兩只，先用清水浸軟，然後去蒂切絲。生薑些少，刮淨切絲。生蔥三條，洗淨切絲。芫茜一棵，洗淨去頭，然後將它切短些少候用。

### 味汁份量：

湯或清水五湯羹，加放幼食鹽一茶匙，蜂巢味素一茶匙，幼白糖半茶匙，生抽半湯羹，晒抽一茶匙，麻油一茶匙，胡椒粉些少，最後加放煮過之花生油或豬油一湯羹，然後將它攪勻，便成味汁。

### 蒸之方法：

首先將剖好洗淨之魚用碟一只盛載，而碟底須先用竹筷子兩枝架一十字形，然後將魚盛起，跟着便將切好之豬肉絲和冬菇，薑絲等，一齊放落味汁處，然後將牠拌勻，跟着連汁水全部淋上魚面。接着便成碟放下蒸籠裏，隔水猛火將牠蒸約十二分鐘左右便熟。蒸好取出，將筷子取起，然後原碟或轉放另一大碟盛載。接着燒滾油約兩湯羹淋上魚面，最後便將切好蔥絲和芫茜放在面上，即成。

註：如清蒸鯪魚或筍壳魚同一方法。

## STEAMED GROUPA

### Materials:

1 Groupa (about 1 kati),  
Mushrooms — 2,  
Spring onions — 3 stalks,

Pork — 1 tah.,  
Ginger — a few shreds,  
Parsley — 1 stalk.

### Preparation:

Scale the groupa and remove the entrails from it. Clean and cut the pork into shreds. Soak and cut the mushrooms into shreds. Clean and cut the spring onions into shreds. Clean, cut off the root-stem of the parsley and cut it into short lengths.

### Gravy Sauce:

Measure 5 tablespoons of stock or fresh water, add in salt 1 teaspoon, Vesop 1 teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, light soya sauce  $\frac{1}{2}$  tablespoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder, 1 tablespoon of cooked peanut-oil or lard and stir thoroughly into gravy sauce.

### Method of steaming:

Lay two chopsticks at the inner bottom of the steamer. Place the groupa on a plate. Mix the well-prepared pork, mushrooms, ginger into the gravy sauce and stir evenly. Pour this mixture over the fish. Then put the whole plate into the steamer, on the chopsticks to steam over water for about 12 minutes. After steaming, remove the whole plate. Add 2 tablespoons of hot oil to the groupa and lastly place the spring onion shreds and parsley on it.

Note that when preparing "Steamed Pomfret", the same method can be applied.



## 脆皮荔茸鴨

### 用 料：

光鴨一只，未割時連毛計約二斤四兩左右，芋頭連皮計一斤，熟火腿半兩，洋葱頭一個，生菜一棵，青瓜一條，蕃茄一個，汀麵粉三湯羹。

### 製 法：

先將光鴨開背去腳去尾，洗淨後用盤仔一只盛載，然後加放幼食鹽半湯羹，清水半飯碗，跟着成盤放落蒸籠裏，隔水將牠燉約一點又四十五分，燉好取出待凍透，然後用手將鴨骨取出，鴨肉用刀剝爛些少候用。

芋頭：用刨將皮刨去，切去頭尾些少，洗淨後再用刀將牠切成小件，用篩一只盛載，然後成篩放落蒸籠裏，隔水蒸約三十分鐘左右，够煸為好，蒸好取出，再用刀將牠搓至茸爛候用。

火腿將牠切成幼粒，洋葱頭去衣後，再用刀將牠切成小粒，並且用些少油將牠炒香吹凍候用，生菜淨要嫩葉，將牠洗淨後再用刀將牠切成幼絲，鋪墊碟底用，青瓜和蕃茄將牠切花切片，圍伴碟邊用，汀麵粉用三湯羹滾清水將牠沖熱攪勻候用。

### 搓釀之方法：

搓好之芋頭以十二兩計算，加放幼食鹽兩茶匙，蜂巢味素半茶匙，幼白糖一湯羹半，五香粉些少，猪油兩湯羹，最後便將沖熱之汀麵粉，切好火腿粒，炒香之洋葱頭粒等一齊放下，然後用手搓勻，最後將剝爛的鴨肉滲放下去再搓勻，如有黏手可洒放些少茨粉同搓，搓好將牠攪扁些少，攪平四週圍，約有五寸半闊，八寸左右長為適合，攪好用平底鐵盆盛着，而盆底先洒放上些少茨粉落去，面上同樣洒放上茨粉些少，最後就用適量油將牠炸至脆熟，然後撈起再用刀將牠切成小件，跟着排放落有生菜絲墊底，和有青瓜蕃茄圍邊之碟盛載，即成。

## FRIED CRISP DUCK WITH YAM

### Materials:

1 cleaned duck (about 2½ kati with feather),  
Yam (with skin) — 1 kati, Cooked ham — ½ tah.,  
Cucumber — 1, Big onion — 1,  
Tomato — 1, Lettuce — 1 stalk,  
“Tung Mien” flour — 3 tablespoons. (a special kind of flour)

### Initial Preparation:

Chop off the legs and tail of the duck and cut it from the back. Put the duck in a plate, add in ½ tablespoon of salt and ½ rice bowl of fresh water. Place the whole plate in the steamer to steam over water for one hour and 45 minutes and remove. When cool, remove the bones from the duck and mince the duck a bit for use.

Scrape and cut the yam into small pieces. Place the pieces of yam on a bamboo sieve and put them in the steamer to steam over water for about 30 minutes until they are cooked. Then remove and knead the yam pieces into mash.

Cut the cooked ham into particles. Scale and cut the big onion into particles, which are deliciously fried for use.

Select and cut the green leaves of the lettuce into strips. Cut the cucumber and the tomato into designed slices.

Mix the “Tung Mien” flour with 3 tablespoons of boiling water and stir well for use.

### Preparation Of Kneading:

Put 12 tah of the well-prepared yam in a container, add in fine salt 2 teaspoons, Vesop ½ teaspoon, sugar 1½ tablespoons, a little five spice powder, lard 2 tablespoons and lastly add in the hot “Tung Mien” flour, cooked ham and well-fried big onion particles. Knead thoroughly. Lastly add in the slightly minced duck and knead again. If the mixture is too sticky, then add in some starch flour and flatten it a bit. Flatten the mixture in rectangular shape 5½” x 8” and put it on the bottom of metal tray which must first be sprinkled with some starch flour.

On top of the mixture sprinkle some starch flour on it too.

Then fry them in suitable amount of boiling oil until it is cooked and crisp. Remove and cut it into small pieces. Serve the pieces in the plate garnished with lettuce, cucumber and tomato.

**NOTE:** 3 tablespoons of starch flour can be used to substitute “Tung Mien” flour, and 3 tablespoons of boiling water can be omitted.



## 鴻圖窩麵

### 用料：

羔蟹生計一斤，淨豬肉三兩，罐頭毛菇貳兩，雞蛋一只，伊麵一個（即用油炸過之生麵約半斤），上湯四飯碗半，重量約四十五安士。

### 製法：

先將羔蟹每只斬開，然後將蟹羔挖出洗淨，用碗一只盛載，而蟹同樣洗淨，再用滾水將牠焿熟，恰好撈起，等凍些少，然後用手拆肉，用碗一只盛載。豬肉將牠切成絲，然後用碗一只盛載，跟着加放粟粉兩茶匙，用手將牠拌勻，最後用滾水適量將牠灼熟，然後撈起候用，毛菇將牠切成小片候用。

### 味湯和獻汁份量：

上湯四飯碗半，用盆仔一只盛載，然後加放幼食鹽五茶匙，蜂巢味素一茶匙，幼白糖兩茶匙，生抽兩茶匙，麻油兩茶匙，胡椒粉些少，一齊將牠攪勻，便成味湯，粟粉三湯羹半，加放清水三湯羹，攪勻便成獻粉。（蟹璫旦之份量）：洗淨之蟹羔，用刀將牠剝爛，然後將雞蛋一只打開放下，並加放清水兩湯羹，攪勻候用。

### 煮之方法：

首先將用鑊洗淨，然後加放清水約六飯碗，等水燒至滾，然後加放油兩湯羹，並將伊麵一個放下，將牠滾一息間，然後撈起用篩一只盛載，跟着再將用鑊洗淨燒熱，然後加放油兩湯羹，跟着便將調好之味湯攪勻，將一飯碗半放落鑊裏，使牠燒至滾，然後便將滾過之伊麵放下，將牠炆至乾水，然後便兜起用大瓦礪一只盛載。接着再將用鑊洗淨燒熱，然後加放油三湯羹，跟着便將剩餘之三飯碗味湯放下，等牠燒至滾，然後將灼熟之豬肉絲和切好之毛菇，拆好之蟹肉，一齊放下鑊裏，接着將開好之獻粉攪勻放下，隨放隨用鐵壳推勻，最後將開好之蟹璫旦放下，同樣用鐵壳將牠推勻，使其再滾，然後兜起淋上已炆好之伊麵面上，即成。

## NOODLE IN CRABS SAUCE

### Materials:

Crabs (with roe) — 1 kati, Lean pork — 3 tah.,  
Canned button mushrooms — 2 tah., Egg — 1,  
Dried noodle — one packet (about  $\frac{1}{2}$  kati),  
Stock —  $4\frac{1}{2}$  rice-bowls (about 45 ozs.)

### Preparation:

Cut the crabs and remove all the roe into a bowl. Clean and boil the crabs and remove. Abstract all meat into a bowl.

Cut the lean pork into shreds and put them in a bowl, add in 2 teaspoons of cornflour and knead well. Then boil the shreds in boiling water and remove.

Cut the mushrooms into small slices.

### Gravy Sauce & Gravy Powder:

Pour  $4\frac{1}{2}$  rice-bowls of stock into a basin, add in salt 5 teaspoons, Vesop 1 teaspoon, sugar 2 teaspoons, light soya sauce 2 teaspoons, sesame oil 2 teaspoons, a little pepper powder and stir thoroughly into gravy sauce.

Put  $3\frac{1}{2}$  tablespoons of cornflour in a bowl, add in 3 tablespoons of fresh water and stir well into gravy powder.

Mince the crab-roe, add in an egg, 2 tablespoons of fresh water and beat well for use.

### Method of cooking:

Clean the pan, pour in about 6 rice-bowls of fresh water and boil it. Add in 2 tablespoons of oil and put in the dried noodle to boil for a while. Then transfer the noodle to a bamboo sieve.

Clean and heat the pan and pour in 2 tablespoons of oil.

Stir well the gravy sauce and pour  $1\frac{1}{2}$  rice-bowls in. When it boils, put in the slightly boiled noodle and simmer until the sauce dries up. After that transfer the noodle to a container.

Again clean and heat the pan, pour in 3 tablespoons of oil and the remaining three rice-bowls of gravy sauce. When it boils, put in the well-prepared pork shreds, mushrooms and crab-meat. Later add in gradually the gravy powder. Stir during adding. Lastly add in the egg-roe mixture. When it boils, pour it over the simmered noodle.



## 豆 豉 爆 鷄

### 用 料：

光肥雞一隻，未割時連毛計約三斤左右，冬菇三只，洋蔥頭一個，蒜頭六小粒，生蔥三條，紅辣椒一只，生薑三小片，原粒豆豉一湯羹半。

### 製 法：

光雞洗淨，原隻連骨斬成小件，用盤仔一只盛着，然後加放幼食鹽一茶匙，蜂巢味素半茶羹，幼白糖一茶匙，生抽半湯羹，晒抽兩茶匙，麻油一茶匙，胡椒粉些少，粟粉兩湯羹。跟着用手一齊將牠拌勻，最後再加放花生油一湯羹，再拌勻，醃牠約二十分鐘，使其入味。

豆豉先用清水浸一息間，然後撈起盛去水份候用。冬菇先用清水浸軟然後去蒂，再將牠切成小粒候用。洋蔥頭去衣切成小塊，蒜頭原粒去衣，生蔥洗淨切成寸度，紅辣椒去核切碎。

### 味汁份量：

湯或清水六湯羹，用碗一只盛載，然後加放幼食鹽半茶匙，白糖一茶匙半，蜂巢味素半茶匙，生抽一茶匙，晒抽一茶匙，麻油半茶匙，胡椒粉些少，一齊攪勻便成味汁。

### 炒之方法：

先將用鑊洗淨燒熱，然後加放油適量，待略滾，然後便將醃好之雞全部一齊放下油鑊裏，將牠略炸一息間（即泡嫩油），然後撈起盛着。將油倒回油盆裏，約剩兩湯羹左右，接着便將生薑和蒜頭放下鍋裏，繼續便將洗淨之豆豉和切好之洋蔥頭，紅辣椒，生蔥等，一齊放下鑊裏炒香，而炸過之雞同時一齊放下，並加放花彫酒約半湯羹，再兜勻。最後將調好之味汁攪勻放下。迅速蓋焗一息間，然後用鑊鏟將牠兜勻。使鑊裏之汁水差不多乾透，然後兜起用碟一只盛載，即成。

## FRIED CHICKEN WITH SALTED BLACK BEANS

### Materials:

1 cleaned fat chicken (about 3 kati with feather),  
Mushrooms — 3, Big onion — 1,  
Garlic — 6, Spring onions — 3 stalks,  
Red chilli — 1, Ginger — 3 slices,  
Salted black beans — 1½ tablespoons.

### Preparation:

Clean and chop the chicken into small pieces. Put them in a bowl, add in fine salt 1 teaspoon, Vesop ½ teaspoon, fine sugar 1 teaspoon, light soya sauce ½ tablespoon, black soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder, cornflour 2 tablespoons and knead well. Lastly add in 1 tablespoon of peanut-oil and knead again. Corn the chicken-pieces for about for about 20 minutes.

Soak the salted black beans in fresh water for a while and remove for use. Soak and cut the mushrooms into particles. Cut the big onion into small pieces. Scale the garlic and cut the spring onions into short lengths. Remove seeds from the red chilli and cut it into shreds.

### Gravy Sauce:

Measure 6 tablespoons of stock or fresh water in a bowl, add in salt ½ teaspoon, sugar 1½ teaspoon, Vesop ½ teaspoon, light soya sauce 1 teaspoon, black soya sauce 1 teaspoon, sesame oil ½ teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

### Method of frying:

Clean and heat the frying pan, pour in suitable amount of oil. When it boils slightly, put in the corned chicken-pieces to fry for a while and remove. Pour back the oil to the container leaving only 2 tablespoons in the pan. Put in the ginger and garlic to fry, later add in salted black beans, big onion, red chilli and spring onions. When all these are deliciously fried, put in the slightly fried chicken-pieces and add in ½ tablespoon of Chinese wine "Far Teow".

Lastly add in the well-stirred gravy sauce and simmer for a while. Stir well with the scoop. When the sauce slightly dries up, transfer to a plate and serve.



## 燒 金 錢 肉

### 用 料：

厚身之肥猪肉二斤，肉眼即猪排肉一斤，片形熟火腿三兩，雞蛋一只，金黃色之顏色粉半茶匙。

### 製 法：

先將肥猪肉用刀改切成圓形，每件大約二寸濶大左右，跟着再用刀將牠切成薄片，全部改切好用大碗一只盛載，以十四兩重計算，然後加放食鹽兩茶匙半，幼白糖五湯羹，茅苔酒一湯羹，跟着用手一齊拌勻，將牠醃約五、六小時，使其入透味。

肉眼，先將肥油與肉筋改切去，然後再用刀將猪肉打橫切薄片，全部改切好用碗一只盛載，然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙，麻油一茶匙，辣椒醬半湯羹，鷄蛋一只打開放下，然後用手一齊將牠拌勻，最後加放晒抽半茶匙，顏色粉半茶匙，（但顏色粉須先用滾清水半湯羹攪勻才可放）再拌勻，將牠醃約十五分鐘使其入味。

熟火腿，用刀將牠改切成小塊，每塊大約丁方六分濶大左右。

### 穿之方法：

用有分半粗，尺半長之鐵針一枝，先穿上與切好之肥肉同樣大之猪皮一塊，跟着穿上醃好之肥猪肉一件，猪肉眼一件，熟火腿一件，如是者穿完為止，最後再用一件與肥肉同樣大之猪皮穿上（即頭尾須用兩塊猪皮夾住）。

### 焗之方法：

先將焗爐之火制開盡，使牠燒約十五分鐘左右，使爐熱透，接着便將穿好之金錢肉用盆架起，放入焗爐裏，反覆將牠焗約四十五分鐘左右，以全部熟透為好，如火力太猛，可問細些，食時取出一件肥肉，一件肉眼，一件火腿，作為一件。

## GOLDEN PORK CORN

### Materials:

Thick fat pork — 2 kati,	Lean pork (ribs portion) — 1 kati,
Cooked ham slices — 3 tah.,	Egg — 1,
Golden brown colouring powder — $\frac{1}{2}$ teaspoon.	

### Preparation:

First cut the thick fat pork into cylindrical shape, about 2 inches in diameter and cut it into thin slices. Take about 14 tah. of the slices in a bowl, add in salt  $2\frac{1}{2}$  teaspoons, fine sugar 5 tablespoons and Chinese wine "Mau Tai" 1 tablespoon. Knead them thoroughly and corn the pork slices for 5 to 6 hours.

Remove the veins and fat from the lean pork and cut it into thin slices. Put the slices in a bowl, add in salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 teaspoon, sesame oil 1 teaspoon, chilli sauce  $\frac{1}{2}$  tablespoon, an egg knead well, lastly add in black soya sauce  $\frac{1}{2}$  teaspoon. Mix the golden brown colouring powder with  $\frac{1}{2}$  tablespoon of boiling water and add in and knead again. Corn the slices for about 15 minutes.

Cut the cooked ham into small pieces, each about 6/10 inch in length and width.

### Method of poking slices:

Use a skewer (about  $1\frac{1}{2}$  feet long) and poke through in the order of one slice of pork-skin, one slice of corned fat pork, one slice of lean pork, one slice of cooked ham and one slice of pork skin.

### Method of roasting:

Preheat the oven for about 15 minutes. Place the skewers of meat on the metal framework and put in the oven to roast thoroughly for 45 minutes until all the meat-slices are cooked. If the temperature is too high, lower the heat.

For service, overlap one slice of fat pork, one slice of lean pork and one slice of ham to make them as one article.



## 淡水鮮蝦餃

### 用料：

大蝦連壳計一斤，厚身肥豬肉貳兩，冬筍貳兩，雞蛋一只，澄麵粉六兩。  
*八兩士等於六兩*

### 製法：

先將蝦去壳，用將刀背割開些少，將蝦屎挑去，跟着用清水洗淨盛乾，再用刀將牠剝爛候用。肥豬肉，先用滾水將牠焗熱，約焗十分鐘左右，撈起用清水將牠漂凍，再用刀將牠切成細粒候用，冬筍將牠切絲，再鋤短些少，用手揸去水份候用。

剝爛之蝦肉用盆仔一只盛載，加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖一茶匙，麻油一茶匙，豬油一湯羹，胡椒粉些少，雞蛋打開攪爛放一半，跟着用手將牠一齊攪勻。接着將切好之肥豬粒和冬筍，一齊放下，再將牠一齊攪勻，最後加放粟粉一湯羹，再拌勻，便成餡。將牠雪硬些少候包。

### 蝦餃皮之製法：

汀麵粉六兩，用盅一只盛載。加放茨粉一湯羹半，幼食鹽兩茶匙，將牠一齊攪勻，跟着用清水一飯碗約十安士，燒滾將牠沖熱，用竹筷子數枝作棍將牠攪勻（此動作要快捷），跟着取出用力將牠搓勻，最後再加放豬油一湯羹半，再將牠一齊搓勻，然後用刀將牠切成小粒，每粒再用刀把牠擀薄，作包餡用。全部包摺好之後，一只只排放落蒸籠處（籠底須先掃上油些少），然後用猛火將牠蒸約八分鐘至十分鐘左右便熟。（以上之份量可造四十只左右，包摺之花樣多種，可隨意包之）。

*（如用馬蹄只需4粒，芫芫只用2兩至羹汪）*

## STEAMED PRAWN DUMPLING

### Materials:

Big prawns (with shells) — 1 kati, Egg — 1,  
Fat pork — 2 tah., Bamboo shoots — 2 tah.,  
“Tung Mien” flour — 6 tah.

### Preparation:

Scale all the big prawns, cut them from the back and remove the dirt. Wash them with water, then allow them to dry and mince them for use. Boil the fat pork in boiling water for about 10 minutes and transfer it to fresh water. Later cut it into particles. Cut the bamboo shoot into strips and squeeze out the water for use.

Put the minced prawn-meat in a small basin, add in tiny salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, tiny sugar 1 teaspoon, sesame oil 1 teaspoon, lard 1 tablespoon, a little pepper powder, half portion of the egg and knead well. Later put in the fat pork particles and bamboo shoot. Knead again and lastly add in 1 tablespoon of corn-flour. Knead all into stuffing and solidify it by freezing for use.

### Method of preparing folder:

Put 6 tah. of “Tung Mien” flour in a container, add in starch flour  $1\frac{1}{2}$  tablespoons, tiny salt 2 teaspoons and 1 bowl of fresh water (about 10 ozs.) boil it and stir well for use stir thoroughly. Immediately stir it with chopstick (action must be quick!) and then remove. Knead well and add in  $1\frac{1}{2}$  tablespoons of lard and knead again. Cut the dough into small rounds, flatten them with knife-blade to fold the stuffing. After folding, put the well-prepared prawn dumplings in the steamer, the bottom of which must first be rubbed with oil to prevent sticking. Steam them over highly boiling water for 8 to 10 minutes until cooked.

The above amount materials can be made into 40 dumplings. There are various ways of folding, so the method of folding is optional.



## 杏 花 酥 鷄

### 用 料：

光雞一隻，未割時連毛計約三斤左右。杏仁六兩，生菜一棵，蕃茄兩個，紅辣椒一只，雞蛋一只。

### 製 法：

先將光雞洗淨，然後原隻將肉起出，將牠分作六塊，每塊再用刀切薄些少，跟着用刀背搥鬆四週圍，搥好用碗一只裝載。然後加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖半茶匙，麻油一茶匙。跟着將雞蛋一只打開放下，然後用手將牠拌勻。最後再加放粟粉三湯羹，再將牠拌勻，醃約三十分鐘左右，使其入味。

杏仁六兩用盅一只裝載，然後加放熱滾水將牠浸約五分鐘左右，然後將壳衣剝去。跟着將用鍋一只洗淨，然後加放清水五飯碗，將水熱至滾。然後將杏仁，全部一齊放落鍋裏，將牠滾約五、六分鐘左右，然後將牠撈起盛着，最後用刀將牠鋤成細粒候用。

生菜洗淨切絲，鋪墊碟底用，蕃茄切片圍伴碟邊用，紅辣椒去核切絲放在生菜絲面上。

### 炸之方法：

首先將醃好之雞肉每一塊黏上適量之杏仁粒，全部黏好用碟一只裝載。跟着將用鑊一只洗淨燒熱，然後加放油約六飯碗左右，將油燒至滾，然後便將黏好杏仁粒之雞塊一件一件放下鑊裏，將牠炸到脆熟為好，炸好撈起，每一塊再用刀切細件些少，用有生菜絲墊碟底和有蕃茄圍邊之碟裝載即成。

## FRIED CRISP CHICKEN-MEAT WITH ALMOND

### Materials:

1 chicken (about 3 kati with feather),	
Almond — 6 tahs.,	Lettuce — 1 stalk,
Red chilli — 1,	Egg — 1,
Tomatoes — 2.	

### Preparation:

First wash the chicken and remove all meat from it. Cut the meat into 6 pieces which are then cut into thin slices. Soften the meat slices by beating them with the blunt portion of the knife and put them in a bowl. Then add in fine salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, sesame oil 1 teaspoon, the egg and knead them thoroughly. Lastly add in 3 tablespoons of cornflour, repeat the kneading and corn the meat slices for about 30 minutes.

6 tahs. of almond, soak them in hot water about 5 mins. and remove the coats from them. Clean a pan, pour in 5 rice-bowls of fresh water (about 50 ozs.) and boil it. Put almond in the boiling water to boil for 5 to 6 minutes and remove and allow the almond to dry, then cut them into small particles for use.

Clean and cut the lettuce into strips, tomatoes into slices and red chilli into strips for garnishing plate.

### Method of frying:

Stick the corned chicken meat slices with suitable amount of almond particles and put them in a plate.

Clean and heat the frying pan, pour in about 6 rice-bowls of oil and boil it. Then put in the well-coated meat slices one by one to fry until cooked and crisp. After well-fried, cut the slices into smaller pieces and place in the plate garnished with lettuce, tomato and red chilli.



## 脆皮香酥鴨

### 用 料：

大光鴨一只，未割時連毛計約二斤十二兩左右，生薑刮淨計半兩，生蔥五條，芫茜兩棵，生菜一棵，蕃茄兩個，醃好之酸料約五兩，花椒半湯羹，八角碎計半湯羹，桂皮碎計半湯羹，丁香兩茶匙。

### 製 法：

先將光鴨洗淨，然後將腳與翼尖斬去，用碟一只盛着。接着加放幼食鹽兩茶匙半，蜂巢味一茶匙，幼白糖一茶匙，生抽兩湯羹，茅苔酒一湯羹半。然後用手一齊拌勻，搽勻鴨身內外，醃約二十分鐘左右，使其入味。

生薑將牠切成粗絲，生蔥洗淨切成寸度，芫茜洗淨，切碎，生菜洗淨，原塊鋪墊碟底用。蕃茄切片，圍伴碟邊用，醃好之酸料，同樣圍伴碟邊用。

### 調製方法：

花椒，八角，桂皮，丁香等，用碗一只盛載。然後加放滾清水適量，將牠浸一息間，然後水倒去。（意思使牠容易出味）。接着便將切好之羌絲和生蔥芫茜等一齊放下拌，而醃鴨之汁水同時一齊放下，再將牠拌勻，跟着就用薄沙布一塊隔住鴨身。然後便將全部用料，連汁水鋪放上面，接着成碟放落蒸籠裏，隔水燉約兩點鐘至兩點十五分左右。燉好取出，將鴨面之用料連布取去不要。待凍，然後撈起盛去水份候炸。

### 炸之方法：

先將用鑊洗淨燒熱，然後加放油，約七飯碗左右，將油燒至猛滾，然後便將燉好之鴨，成只放下油鑊裏，將牠炸至香脆為好，用有蕃茄酸料與生菜圍邊之碟盛載即成。食時可用淮鹽些少加味用。

### 淮鹽製法列下：

幼食鹽一湯羹半，加放五香粉半茶匙拌勻，便成淮鹽。

## FRIED DUCK IN PEKING STYLE

### Materials:

1 cleaned duck (about 2 $\frac{3}{4}$ kati with feather),	
Ginger (scraped) — $\frac{1}{2}$ tah.,	Spring onions — 5 stalks,
Parsley — 2 stalks,	Lettuce — 1 stalk,
Tomatoes — 2,	Sour pickles — 5 tah.,
Red pepper — $\frac{1}{2}$ tablespoon,	Ground anise — $\frac{1}{2}$ tablespoon,
Ground cinnamon — $\frac{1}{2}$ tablespoon,	Clove — 2 teaspoons.

### Preparation:

Clean the duck and chop off the legs and terminal limbs. Place the duck on a plate. Mix up 2 $\frac{1}{2}$  teaspoons of salt with 1 teaspoon of Vesop, 1 teaspoon of sugar, 2 tablespoons of light soya sauce and 1 $\frac{1}{2}$  tablespoons of Chinese wine (Mau Tai). Rub the duck thoroughly with this mixture and corn it for about 20 minutes.

Cut the ginger into shreds and spring onions into short lengths. Clean and cut the parsley into particles. Clean the green leaves of the lettuce for use. Cut the tomatoes into slices and the well-seasoned sour pickles is use for garnishing.

Soak the red pepper, anise, cinnamon and clove in a bowl of boiling water for a while and pour away the water. Put in the well-prepared ginger, spring onions, parsley, pour in the sauce for corning duck and mix them thoroughly.

Cover up the duck with thin cloth and place it on a plate. Spread the spices with sauce on the duck. Put the whole plate in the steamer to steam over water for about 2 to 2 $\frac{1}{4}$  hours. After steaming, remove the cloth and all the spices. Allow the duck to dry for frying.

### Method of frying:

Clean and heat the frying pan, pour in about 7 rice-bowls of oil and boil it with great heat. Put in the steamed duck to fry until it is crisp and delicious and transfer it to the plate garnished with pickles, lettuce and tomato.

Serve the dish accompanying with one or two small plates of spice/salt which is prepared by mixing 1 $\frac{1}{2}$  tablespoons of fine salt with  $\frac{1}{2}$  teaspoon of five spice powder.



## 蠔油叉燒飽

### 用料：

兩磅庄自發麵粉一包，叉燒十二兩，白淨豬油四湯羹，四方形飽底紙約四五十張。

### 製法：

先將叉燒切成粒，然後用碟盛着候用。

### 獻汁份量：

湯或清水七湯羹，用碗一只盛載，然後加放幼食鹽半茶匙，蜂巢味一茶匙，幼白糖一湯羹半，生抽兩茶匙，晒抽兩茶匙，蠔油一湯羹，麻油一茶匙，胡椒粉些少，一齊攪勻候用，粟粉兩湯羹，另外用碗一只盛載，跟着加放清水兩湯羹攪勻候用。

### 調餡之方法：

首先將用鑊一只洗淨燒熱，然後加放油兩湯羹，跟着將調好之味汁攪勻放下，待略滾，然後便將開好之獻粉放下埋獻，使其再滾，然後門火，跟着將切好之叉燒放下兜勻，跟着兜起用碟一只盛載候用（最好放進雪櫃裏）。

### 飽皮之製法：

先將自發麵粉一斤，放在台面上，其餘之麵粉放在傍邊候用，然後用手將麵粉撥成鳥窩樣，跟着加放幼白糖六湯羹，豬油四湯羹，清水十二湯羹，然後用手慢慢將牠搓勻，如覺太乾身，可再加放清水一湯羹，跟着不離手將牠搓約十分鐘左右，然後搓成長形，用刀切分成四十件，每件用手擦扁些少，然後分包以上叉燒餡，包好每一個飽底，放上一塊紙，跟着排放落蒸籠處，隔水蒸約十分鐘左右便熟。

## STEAMED OYSTER SAUCE & ROASTED LEAN PORK BUNS

### Materials:

Self-raising flour — 2 lbs.,  
Lard — 4 tablespoons,

Roasted lean pork — 12 tah.,  
Small square papers — 40 or 50 sheets.

### Preparation:

Cut the roasted lean pork into particles and put them in a plate.

### Gravy Sauce & Gravy Powder:

Measure 7 tablespoons of stock or fresh water in a bowl, add in salt  $\frac{1}{2}$  teaspoon. Vesop 1 teaspoon, sugar  $1\frac{1}{2}$  tablespoons, light soya sauce 2 teaspoons, black soya sauce 2 teaspoons, oyster sauce 1 tablespoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Mix 2 tablespoons of cornflour with 2 tablespoons of fresh water in a bowl stir it into gravy powder.

### Method of preparing stuffing

Clean and heat the frying pan and pour in 2 tablespoons of oil. Then stir well the gravy sauce and pour in. When it boils, gradually add in the gravy powder and allow it to boil again. After that turn off the flame. Put in the roasted lean pork particles and stir, then transfer to a plate. Put the plate in the fridge.

### Method of preparing bun-folders:

Place 1 kati of the flour on the table in a heap and make a hollow at the centre of the heap. Then put sugar 6 tablespoons, lard 4 tablespoons and 12 tablespoons of fresh water in the hollow. Gently mix them with hand. If it is still not moist enough add in one more tablespoon of fresh water. Knead the mixture continuously for 10 minutes and make the dough into a long cylindrical form. Then cut it into 40 small portions.

Flatten one portion of the dough, place one portion of stuffing on it and fold it up. Put the well-prepared article on a sheet of square paper.

Put all the well-prepared buns in the steamer to steam for 10 minutes until they are cooked.



## 蔥油扒鴨

### 用 料：

光鴨一只，未割時連毛計約二斤半左右（不用開肚取腸臟），冬菇四只，叉燒三兩，淨豬肉三兩。

罐頭冬筍二兩，蒜頭八小粒，蔥頭仔八小粒，芫茜一棵，生薑一片，菜心半斤，八角二原粒。

### 製 法：

先將光鴨原隻脫骨，並將四肢大骨起出，將腳斬去，洗淨候用。冬菇先用清水浸軟，然後去蒂，再將牠切成小粒。叉燒和豬肉，冬筍等，同樣將牠切成粗粒候用。蒜頭和蔥頭仔全部原粒去衣候用。菜心每棵淨要嫩蓮，將牠洗淨候用。

將切好之豬肉用碗一只盛載，然後加放粟粉，約兩茶匙，將牠拌勻，接着再加放油半湯羹，再將牠拌勻，繼續將用鑊洗淨燒熱，然後加放油約四飯碗左右，燒至略滾，然後將醃好之豬肉放下鑊裏略炸一息間，而切好之冬筍和蒜頭，蔥頭仔等，同樣將牠略炸一息間，然後撈起候用。

將炸好之豬肉和冬筍，蒜頭，蔥頭仔等，全部用碟一只盛載。然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙，蠔油兩茶匙，生抽一茶匙，晒抽半茶匙，麻油一茶匙，胡椒粉些少，粟粉半湯羹，油半湯羹，然後將牠一齊攪勻，全部由鴨頸處塞放入鴨肚內。跟着將入口處扎實，接着用兩湯羹生抽搽勻鴨身，然後再用適量滾油，將牠略炸一息間，使其現出金黃色為好，炸好撈起用盆仔一只盛載，然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，蠔油一茶匙，生抽兩茶匙，晒抽一茶匙半，麻油一茶匙，胡椒粉些少，最後加放湯或清水 $\frac{3}{4}$ 飯碗，而生薑一片，和八角，芫茜，同時一齊放下，接着成盆放落蒸籠裏，隔水將牠燉約兩小時左右，以够燴為好，燉好取出，將同燉之芫茜，八角，取去不要，然後將鴨挽起用碟一只盛載，洗淨之菜蓮用滾水油適量將牠灼熟圍伴傍邊。燉鴨之原汁全部倒放落鑊裏，用粟粉兩湯羹，加放清水一湯羹攪勻，放落鑊裏埋獻，煮好淋上鴨身即成。

## STEAMED DUCK FILLED WITH ONION & MEAT

### Materials:

1 cleaned duck (about 2½ kati with feather),	
Mushrooms — 4,	Small onions — 8,
Roasted lean pork — 3 tah.,	Parsley — 1 stalk,
Lean pork — 3 tah.,	Ginger — 1 slice,
Canned bamboo shoots — 2 tah.,	Chinese cabbage — ½ kati,
Garlic — 8,	Anise — 2.

### Preparation:

Remove bones including the big bones of the limbs and the thighs from the duck and chop off the legs.

Soak and cut the mushrooms into particles. Cut the roasted lean pork, lean pork and bamboo shoots into particles.

Scale the outer layers of the small onions and the garlic.

Select and clean the green leaves of the Chinese cabbage.

Put the pork in a bowl, add in 2 teaspoons of cornflour and knead well. Later add in ½ tablespoon of oil and knead again. Clean and heat the frying pan, pour in 4 rice-bowls of oil and boil it. Put in the corned pork to fry for a while and remove. Put in also the bamboo shoots, garlic and small onions etc. to fry for a while and remove for use.

Put the slightly fried pork, bamboo shoot, garlic and small onions etc. in a plate, add in salt 1 teaspoon, Vesop ½ teaspoon, sugar 1 teaspoon, oyster sauce 2 teaspoons, light soya sauce 1 teaspoon, black soya sauce ½ teaspoon, sesame oil 1 teaspoon, a little pepper powder, cornflour ½ tablespoon, oil ½ tablespoon and stir thoroughly. Fill this mixture in the belly-space of the duck and tie up the hole.

Stain the duck completely with 2 tablespoons of light soya sauce and fry it in suitable amount of boiling oil for a while until it is golden brown. After frying transfer to a small basin, add in salt 1 teaspoon, Vesop ½ teaspoon, sugar ½ teaspoon, oyster sauce 1 teaspoon, light soya sauce 2 teaspoons, black soya sauce 1½ teaspoons, sesame oil 1 teaspoon, a little pepper powder, fresh water  $\frac{2}{3}$  rice-bowl, ginger 1 slice, anise and parsley.

Then place the whole basin in a steamer, steam over water for about two hours until the duck is cooked and transfer it to a plate. Throw away the parsley and anise.

Boil the clean green leaves of the lettuce and place them around the duck.

Pour the steamed sauce in the pan. Mix 2 tablespoons of cornflour with 1 tablespoon of fresh water thoroughly, add in to the sauce and stir thoroughly.

Water the duck with this thickened sauce and serve.



## 網油龍蝦卷

### 用 料：

豬網油半斤，龍蝦三只，生計每隻約六兩，大蝦連壳計十二兩，淨豬肉四兩，熟火腿半兩，毛菇二兩，洋葱頭一個，雞蛋一只，青瓜一條，蕃茄一個。

### 製 法：

豬網油先用清水洗淨，然後將豬毛揀去，用篩一只盛載候用，龍蝦先用適量滾水將牠焗熟，焗好撈起待凍，然後將蝦肉取出，將蝦屎洗淨，再用刀切碎候用，大蝦全部去壳，跟着洗淨盛乾，再用刀剝爛，淨豬同樣將牠剝爛，熟火腿將牠切成細粒，毛菇同樣將牠切成細粒，並將水份揸乾，洋葱頭去衣將牠切成細粒，然後用油些少將牠炒香，用碟一只盛着，青瓜刨皮改花切片，圍伴碟邊用，蕃茄同樣切片圍伴碟邊用。

### 調餡之方法與份量：

先將剝好之蝦肉，用盆仔盛載，然後加放幼食鹽兩茶匙，蜂巢味素半茶匙，幼白糖一茶匙，跟着用手將牠搓勻，再用力搓起膠，接着便將剝好之豬肉放下，再將牠搓勻，跟着再加放生抽一茶匙，麻油一茶匙，胡椒粉些少，雞蛋一只打開攪爛放一半下去，而切好之龍蝦和火腿，毛菇，洋葱頭，同時一齊放下，然後再用手將牠搓勻，最後再加放粟粉一湯羹半將牠一齊攪勻，便成餡。

### 包捲之方法：

先將洗淨之豬網油攤開，然後將搓好之餡放在網油下面，近邊處，將牠撥成一字樣，六兩重之餡，約捲十寸長左右，將餡放好，跟着便將左右兩邊頭尾疊埋，然後慢慢捲上，約有三四層網油為適，全部捲好候炸。

### 炸之方法：

先將包好之龍蝦卷每條搽上些少鷄旦，並且黏上適量之茨粉，跟着將鑊洗淨燒熱，然後加放油約七飯碗左右，將油燒至滾，然後將黏好茨粉之龍蝦卷全部或分次數放下油鑊裏將牠炸至脆熟為好，時間約五六分鐘左右，炸好撈起再用刀切件，用有青瓜蕃茄圍邊之碟盛載，即成。

## CRISP LOBSTER ROLLS

### Materials:

Pig's omentum — $\frac{1}{2}$ kati,	Lobsters — 3 (each about 6 tah. in weight),
Big prawns (with shells) — 12 tah.,	Lean pork — 4 tah.,
Cooked ham — $\frac{1}{2}$ tah.,	Canned fresh mushrooms — 2 tah.,
Big onion — 1,	Egg — 1,
Cucumber — 1,	Tomato — 1.

### Preparation:

Wash the pig's omentum, pick away any bristles and put it in a sieve.

Cook the lobsters in boiling water and remove allowing them to cool. Then abstract all the meat, pick away the dirt and cut the meat into particles.

Scale and clean the big prawns. Dry and mince them. Mince also the lean pork. Cut the cooked ham and mushrooms into particles for use.

Scale the outer layers of the big onion and cut it into particles. Fry the big onion particles deliciously and put them in a plate.

Shave and cut the cucumber into designed slices. Cut the tomato also into designed slices.

### Method of and the ingredients for preparing stuffing:

Put the minced prawn-meat in a basin, add in salt 2 teaspoons, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 teaspoon, and knead them thoroughly until sticky. Then add in the minced lean pork and knead again. Further add in light soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder, half portion of the beaten egg, the well-prepared lobsters, cooked ham, mushrooms, big onion and  $1\frac{1}{2}$  tablespoons of cornflour. Knead them thoroughly into stuffing.

### Method of rolling:

Spread out the pig's omentum and line 6 tah. of the stuffing along one edge of it (about 10 inches long). Overlap both ends of the omentum and roll over three times. Repeat the rolling until all have been accomplished.

### Method of frying:

Stick the lobsters rolls with some egg and suitable amount of starch flour.

Clean and heat the frying pan, pour in 7 rice-bowls of oil and boil it. Put in the rolls to fry for 5 to 6 minutes until they are cooked and crisp. After well-fried, cut the rolls into small pieces and put them in a plate garnished with cucumber and tomato.



## 醃酸料之方法

### 用料：

青瓜一條，約四兩重，葫蘿蔔一棵，約四兩重，白蘿蔔一棵約四兩，紅辣椒一只。

### 製法：

青瓜先切去頭尾，然後開邊去瓢，再將牠切成粗條候用。葫蘿蔔和白蘿蔔同樣將牠刨皮，再切成粗條候用。紅辣椒去核，再將牠切成粗絲候用。

將切好之青瓜和葫蘿蔔，白蘿蔔等，用盆仔一只盛載，然後加放幼食鹽半湯羹，跟着用手一齊拌勻，醃約二十分鐘使牠入味。醃好，然後用清水漂淨，再用布將水份扭乾，用瓦盅一只盛載，切好之紅辣椒同時放下。

### 糖醋水之份量：

白糖七湯羹，用一大盅只盛載，跟着加放白米醋四湯羹，清水十湯羹，一齊攪勻，再用炆羹滾。隔淨待凍，然後全部淋上青瓜和蘿蔔裏，跟着放進雪櫃裏，將牠醃約三小時左右，便可食。如超過時間亦可以。

### 註：

如青瓜和葫蘿蔔，白蘿蔔等，將牠切絲或切片，同樣可以照以上之方法與份量製作。

## PREPARATION OF SOUR PICKLES

### Materials:

Cucumber — 1 (about 4 tah.),

Carrot — 1 (about 4 tah.),

Radish — 1 (about 4 tah.),

Red chilli — 1.

### Preparation:

Cut off the two ends of the cucumber and then cut it lengthwise. Remove the interior soft portion and seeds and further cut it into short and thin strips. Shave the carrot and the radish and also cut them into short and thin strips. Remove seeds from the red chilli and cut it into shreds for use.

Put the well-prepared cucumber, carrot and radish in a dish, add in  $\frac{1}{2}$  tablespoon of salt, knead well and corn for 20 minutes. After corning, rinse the cucumber, carrot and radish with fresh water and dry them with a clean cloth. Then put these in an earware container. Put in also the red chilli shreds.

### The ingredients of corning liquid:

Measure 7 tablespoons of sugar in a container, add in white vinegar 4 tablespoons, fresh water 10 tablespoons, stir thoroughly and boil the mixture. Allow it to settle and cool down. When cooled, pour it over the cucumber, carrot, radish and red chilli.

Put the whole earware container in the fridge to season for about 3 hours. Longer period of time does no harm also.

Note that cucumber, carrot and radish etc. can also be cut into shreds or slices.



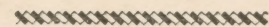


作者在女青年會作烹調教導時的情況

This photo was taken during lesson at Young Women's Christian Association.

## 中外量制比較表

一 兩	=	1 又 $\frac{1}{3}$ 安士
一兩半	=	2 安士
三 兩	=	4 安士
六 兩	=	8 安士
半 斤	=	10 又 $\frac{2}{3}$ 安士
一 斤	=	21 又 $\frac{1}{3}$ 安士
水一飯碗(重量約七兩半)	=	10 安士
水十羹湯(重量約六兩)	=	8 安士



## Equivalents of Weight

1 Tah	=	1 $\frac{1}{3}$ oz.
1 $\frac{1}{2}$ Tahs	=	2 oz.
3 Tahs	=	4 oz.
6 Tahs	=	8 oz.
$\frac{1}{2}$ Kati	=	10 $\frac{2}{3}$ oz.
1 Kati	=	21 $\frac{1}{3}$ oz.
1 Rice bowl water (about 7 $\frac{1}{2}$ tahs)	=	10 oz.
10 Tbsp. water (about 6 tahs)	=	8 oz.